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Peer Support

AberWelcome Peer Support

Introducing AberWelcome Peer Support

As a new student coming to study at Aberystwyth, it will hopefully be an exciting new adventure in your journey.

There may also be some anxieties and challenges that you will have to overcome in the first few weeks or months in particular. These can range from finding out where buildings, lectures and events are taking place across our campus, to living independently or being away from home for the very first time. As a new student simply adjusting to a more independent style of learning can be uneasy at first and learning how to manage your time more effectively.

Starting university can therefore be exciting yet daunting all at the same time! But this is where peer support can be of great help to you.

Our AberWelcome Peer Support scheme is here for new students to help guide you through the excitement and worries of university life. Who better to give advice than fellow students that have been through the very same situations recently.

Our peer support scheme will provide that reassurance you may well need and to help you navigate the start of your university journey.

We will also support your transition to university by concentrating on seven key areas in your first seven weeks through our AtAber Extended Induction themes.

Our AberWelcome Peer Support Scheme aims to...

▪ welcome you to our wonderful Aberystwyth University community from our current students.

▪ give you the opportunity to benefit from the knowledge and experiences of other students that have experienced what you are going through, and for them to share their first-year experiences with you.

▪ ease your transition into university life so that you become familiar with your academic and broader campus environment.

▪ point you in the right direction during your first few weeks with us towards the vast array of services available to you as a student here at Aberystwyth so that we can provide ongoing support when you need it.

▪ answer any burning questions that you may have around university life and allay any fears that you may have as you begin your journey as a student with us.

We offer...
Department Peer Guides

Department Peer Guides offer you informal help, information, advice and guidance as you begin your university journey. Peer Guides will be studying in the same department(s) as you and can help you settle into academic and university life by sharing their own experiences with you. As you navigate through the orientation and induction period they are on hand to welcome and support you.

Extended Induction Themes

We focus on seven key themes that will allow you to make the most of your time with us during your transition to university. As you start to familiarise yourself with the university we want to support your transition and for you to get to know the University better.

Department Peer Guides

How a Department Peer Guide can help?

- By introducing themselves to you at the AberAnticipation (pre-arrival) stage they can be a first point of contact for you to ease your anxieties and worries before you arrive on campus.

- Make orientation a less daunting experience and help you navigate though this period.

- Help you with department-specific questions (e.g. modules or contact points within the department) as well as other basic questions and concerns you may have around student life.

- Provide their first hand experiences to you and all the hints, tips and practical advice that they possess which can be of real benefit.

- Be available throughout the first few weeks and months to provide further information and reassurance when you need it at the right times. Signpost you through the extended induction period to make your start at Aberystwyth University a positive one.

How does it work?

Most academic departments will have a team of departmental peer guides who are currently studying in their second or third year or postgraduate level. Dependent on the department that you are studying with, you may be automatically contacted by a peer guide before you arrive, or contacted by your department to ask if you wish to sign up for a peer guide or not.

The Peer Guide may discuss with you on how you wish to meet and there will be various opportunities around the Welcome period for you to ask questions and receive information that will be of help. You will receive information by e-mail and other opportunities to make contact when you need it.

Our AberWelcome Extended Induction Themes

1 Aber Belong

Aber Belong is about making friends and connections, feeling at home and familiarising with the campus. Welcome to Aber!

2 Aber Study

Aber Study is about developing good practices in your studies, and to familiarise yourself with our library services and lifelong learning courses.

3 Aber Support and Wellbeing

Aber Support and Wellbeing is all about you being able to thrive and feel supported from the services we can provide you. Support is here when you need it.

4 Aber Languages and Careers

Aber Languages and Careers is about you growing beyond boundaries. Find out about languages you can learn, practical opportunities to enhance your employability and real world opportunities whilst you're here in Aber.

5 Aber Environment and Sustainability

Aber Environment and Sustainability is an opportunity to bring together the diverse and extensive sustainability work that we are involved in. You can get involved and celebrate our sustainability projects and initiatives from areas like biodiversity to transport.

6 Aber Skills

Aber Skills is about helping you to expand, explore and improve your digital skills as a student here in Aber! Learn with us about digital discovery tools, to how artificial intelligence can be used for your own good.

7 Aber Community and Culture

Aber Community and Culture is about exploring our community and your new home from home. We want to make you aware that you're never far away from an enriching cultural experience here at Aber and the surrounding area. Not only do we offer a great learning environment but a diverse and engaging campus community also.